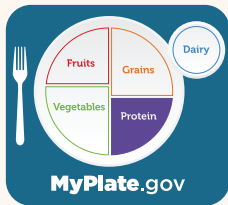


# Choose Lean Protein



Look for lean meat, fresh fish, fish canned in water, eggs, dry beans, nuts, and seeds.



Evidence-based health material brought to you by Nebraska Extension.